Ready Reference

FOR

DAIRY DISHES, ETC.

READY REFERENCE FOR DAIRY DISHES, Etc.

OF COURSE, every home-maker has several cook books, recipe books. That is not the intended purpose of this little book which we are sending to YOU. But we hope it will act as a "ready reference" on the many occasions when one ponders the eternal question: "What will I fix for. . . ."

The contents of this little book are simple thoughts and the recipes are easily prepared without waste and inexpensively. But it is so easy to forget or overlook. May this little messenger serve as a happy reminder.

Yes, dairy dishes always please and exceptionally appreciated so often. The strong, healthy members of the family often find themselves fatigued, "out-of-sorts," or with "up-set" stomachs and lack of appetite. The very thing to bring back the smiles may be found in these leaves. Something in these pages may brighten the day of the ill and help speed them to recovery.

Surely it can refer to something for mealtime, for "in-between," for the bedtime raid, for the party (any party), for baby, for children, for "grown-ups"—in fact, where is the person who cannot enjoy some of the things found in this

little handy "reminder?" Last but not least by any means, we hope it will please YOU and may it find a permanent place in your home. That will make us happy.

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About the Whipping of Cream

The underlying secret of whipping cream quickly and properly is the incorporating of cold air (not warm air) into it. Therefore the cream, the bowl and the whipper should be chilled. The actual whipping should be done in a cool place. If too much warm air is whipped into it, the cream may become "buttery."

It is always best to use "whipping cream." Evaporated milk and cream "topped" from milk may whip but will not stay whipped long and never tastes so good.

A pinch of salt to the cream before whipping adds to its zest. Cake or vegetable coloring may be added if one wishes to make it more attractive. Of course, it can also be sweetened and flavored when one wishes a special delight.

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A Sleep Producer

It is hard for some people to fall asleep ALL the time. It is difficult for most of us to fall asleep occasionally. In whatever class we belong, the unpleasant sensation of trying to go to sleep when we want to and cannot is, to say the least, very trying. It may be over exertion, it may be

nerves or it may be a mental condition caused by such disturbances as fear, worry or sorrow. Or, it may be something one has eaten.

When such a condition exists, if one will heat a large cup of milk which has not had the cream removed, and then drink it while it is still quite warm, the practice will, in nearly all instances, cause one to fall asleep very quickly.

The warm milk comforts the whole body system but its particular power is to soothe and quiet the irritated nervous system. It is a much better plan than resorting to drugs or "counting sheep" and one's rest will be greatly enhanced. Strangely, a glass of cold milk is a good "eye-opener" the following morning.

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Some Useful Reminders

The best place to keep milk products is directly under the ice or other refrigerant. This is not only the coldest place but the products so placed are not so apt to absorb odors of other foods. It is best to leave milk and cream in the original bottles until used as the bottles were sterilized immediately before being filled and are so easy to keep covered or sealed.

It is not a good practice to pour milk and cream from pitchers and glasses back into partly filled bottles. These products become warm in a short while at room temperature. There is a tendency to curdle all of it when poured back. Furthermore the milk and cream from open pitchers or

glasses might have absorbed odors of other foods or dust particles from the air.

There is nothing in the freezing of milk to make it harmful any more than there is in the freezing of ice cream. However, on account of the unnatural distribution of the milk solids after thawing, it might cause a slight disturbance in delicate infant feeding. Therefore, it is best to protect milk from freezing as much as possible.

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A Friendly Discussion

A friendly discussion often occurs as to whether or not milk is fattening. Of course it is NOT as you know but it is not so easy to enlighten others without some authorative facts handy. Therefore we are putting in your little book here briefly the truth about the question for your "ready reference."

Milk comes nearest to being the only perfect food. It contains everything necessary to life and almost in the right proportions. Therefore, on account of it being the best of foods, it will build babies to strong men and women. It also has the miraculous power to restore strength to the weak and ill. That is why so many people think it is fattening. But listen——

When people are extremely overweight, so much so that it is a tax on their hearts, doctors generally place such patients on a STRICT MILK DIET in order to reduce their weight SAFELY, without impairment to health.

Some people will insist that they start putting on weight as soon as they start drinking milk. Of course they will if they add milk to their regular meals and do not discontinue its equivalent in calories of other foods. There are no more calories in a six ounce glass of milk than there is in one slice of bread or three small lean pieces of bacon or one large apple. But here are some comparisons by the Home Economics Department of the United States Department of Agriculture which are exact and unbiased:

Calories Per Pound

Bacon	3090
Lamb chops	1475
Toast	1380
White bread	1180
Whole wheat bread	1110
Beef steak	1090
Eggs	695
Mackerel	620
Cottage cheese	495
Whole milk (4%)	315
Buttermilk (0.5%)	160

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

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Cinnamon Milk Toast

Dip slices of buttered toast into hot milk. Pour remaining hot milk on the pieces of toast. Shake cinnamon and sugar over the mixture and serve hot.

Soft Custard

1 pint milk, scalded
2 egg yolks
¼ cup sugar
Flavoring
Speck of salt

Beat the eggs, add sugar and salt and scalded milk slowly. Cook in a double boiler, stirring constantly until the mixture coats the spoon, add flavoring.

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Good Baked Custard

Instead of cooking the above mixture over hot water, strain into custard cups or a mold set in a pan of water. Bake in a slow oven (325 degrees F.) until firm. Custards are done when puffy on top and firm in center, or when a silver knife, inserted in the center, comes out clean.

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A Dainty Junket

2 cups milk
2 tablespoons sugar
½ teaspoon vanilla
2 teaspoons rennet, or ½ junket tablet
2 teaspoons lukewarm water

Heat the milk to lukewarm (99 degrees F.) in double boiler. Add sugar and flavoring, and stir until sugar is dissolved. Add junket dissolved in water, and pour into dish from which custard is to be served. Let stand until cool and firm. Serve with cream, soft custard, fruit, or fruit syrup. Cinnamon, nutmeg, cocoanut, chocolate, cocoa, or other flavor may be substituted for vanilla.

Real Eggnog

1 egg
¼ cup milk
1 to 2 tablespoons sugar
Speck nutmeg and salt

Beat yolk, add sugar, salt and milk, strain, add stiffly beaten white and nutmeg. A few extra spoonfuls of cream added to this will improve the flavor and add considerably to the food value. Vanilla, nutmeg, cinnamon, fruit juices, chocolate or coffee are popular flavors.

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Peptonized Milk

1 tube Peptonizing Powder
1 pint fresh milk
½ cup cold water

Put powder into a sterilized quart bottle, add water, and shake until powder is dissolved, add milk, shake and place on ice. Use as needed, always keeping remainder covered on ice. This is more easily digested by certain infants or people whose digestive systems are not normal. Every normal person is born with a taste and appetite for milk.

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Buttermilk Cocktail

1 quart buttermilk
1½ cups sugar
1 cup grape juice
2 eggs
¼ cup lemon juice

Beat the eggs thoroughly. Next mix the buttermilk, grape juice, sugar and lemon juice. Then combine the eggs with the mixture, stir thoroughly and chill with crushed ice.

Other fruit juices, syrups and flavors can be used.

Milk Shakes

Milk shakes are made by adding sugar and flavoring to the milk, shaking thoroughly, and serving very cold, preferably with a little chopped ice in the glass. The average taste will prefer about two teaspoons of sugar to the glass. Attractive flavor combinations are:

Vanilla milk shake	½ teaspoon vanilla to glass
Orange milk shake	2 tablespoons orange juice to glass
Grape milk shake	2 tablespoons grape juice to glass
Coffee milk shake	2 tablespoons strong coffee to glass
Chocolate milk shake	2 tablespoons chocolate syrup
Caramel milk shake	2 tablespoons caramel syrup

Fruit syrups of any kind may be used as wished. Where sweet syrups are used to flavor the milk, the sugar can be omitted. Nutmeg, peppermint and almond flavors all combine well with milk.

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"Hot Chocolate Supreme"

Handy Too

1 cup cocoa
1 cup sugar
Few grains salt
1 cup water

Mix cocoa, sugar, salt and add water. Cook until a smooth, thick paste is formed. This paste can be kept in a cool place for week or more. Use one tablespoon of paste to one cup hot milk. By heating the milk for the desired number of cups, a good hot drink can be served quickly.

For cold chocolate drinks the same paste can be used in various ways.

Coddled Eggs

Allow one fourth cup milk for each slightly beaten egg. Cook mixture in a double boiler stirring constantly until thickened. Season with salt and pepper and serve on buttered toast.

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Pineapple Shake

Take a fresh egg and break it into a bowl. Beat it up well and then add a wineglass of pineapple syrup. Pour into a glass and fill up with half cream and half milk.

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Malted Milks

The usual method of making these drinks is to take from one to three tablespoons of malted milk powder, mix to a smooth paste with a little warm water, then add enough milk to fill the glass and shake very thoroughly. If properly shaken, the drink will have a delightful creamy consistency. Vanilla and chocolate flavors are of course the great favorites, but as in the milk shakes almost any flavor desired will combine well with the milk.

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Creamed Scrambled Eggs

6 eggs
1 cup thin cream
½ cup milk
Pepper and salt

Beat eggs until light, add milk, pepper and salt. Melt one to two tablespoons butter in frying pan, when hot, pour in eggs. Stir constantly until eggs are well done. Turn onto hot dish and serve.

Oyster Stew

1 quart oysters
2 tablespoons butter
Pepper and salt
1 quart milk
1 teacup hot water

Strain all the liquor from oysters and set it aside

Add the water to the oysters and heat. When nearly boiling, add the seasoning, followed by the oysters. Then cook until the mixture begins simmering, and continue cooking until the margins begin to ruffle. Stir in the butter, cook one minute longer, and pour into a tureen

While the oysters are cooking, bring the milk to boiling point, and as soon as it boils pour it into the tureen with the oysters. It is now ready to serve

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Cream of Tomato Soup

1 cup tomato juice
1 cup milk
½ teaspoon salt
2 tablespoons butter
2 tablespoons flour

To prepare juice, boil one cup tomatoes with one bay leaf, one slice onion, one-half teaspoon celery salt or seed, one saltspoon pepper, one saltspoon soda, strain and use as foundation for soup.

Melt butter, add flour and seasoning, then add milk slowly, stirring constantly. Cook until thick. Combine with hot tomato juice by pouring the latter slowly into the sauce, while hot stirring constantly. Serve immediately without further cooking

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Plain Omelet

4 eggs
4 tablespoons milk
1 tablespoon butter
½ teaspoon salt

Beat eggs until light, add milk and salt. Melt one to two tablespoons butter in frying pan when hot, pour in the eggs. When it begins to set, gently put spatula under and raise slightly allowing some of the uncooked egg to flow under. When omelet begins to get firm, let cook one minute. Then fold over so the two sides meet in the center. Turn onto hot dish.

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English Monkey

(For Luncheon or Supper)

1 cup bread crumbs
1 cup milk
1 tablespoon butter
½ cup soft mild cheese cut in small pieces
1 egg
½ teaspoon salt
Dash of paprika

Soak crumbs fifteen minutes in milk. Melt butter, add cheese. When cheese has melted add soaked crumbs, egg slightly beaten, and seasonings. Cook three minutes, serve on toasted crackers.

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German Cheese Torte

To one package Zwieback rolled fine, add one cup sugar, one teaspoonful cinnamon, one and one-half tablespoon butter. Mix and line torte tin and save three fourths cup for top.

Filling

2 pounds cottage cheese
1 teaspoon salt
1 cup sugar
4 eggs
½ pint table cream
Vanilla
3 tablespoons flour

Stir all ingredients until thoroughly blended then place in torte tin and cover with balance of the Zwieback mixture. Bake one hour in slow oven.

Cheese Surprise

2 cups warm milk
1 cup bread crumbs
½ teaspoon Worcestershire
Dash salt
½ pound grated cheese
½ teaspoon mustard
1 beaten egg
Paprika

Combine all and bake in baking dish

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Beef Omelet

3 pounds chopped beef
2 cups bread
2 cups whole milk
3 eggs beaten
½ cup melted butter
1 tablespoon sage
1 tablespoon salt
red pepper

Mix thoroughly. Bake slowly in two long, narrow tins

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Beef Loaf

2 pounds chopped beef
½ pound salt pork
2 well-beaten eggs
1 cup crumbs
(bread or cracker)
1 pint milk

Mix with chopped celery, onion, nutmeg, salt and pepper to taste. put in baking pans with large piece of butter on top. Bake till done about one hour

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Creamed Chicken, Southern Style

Meat of 1 boiled chicken
3 cups milk or cream
3 tablespoons butter
3 teaspoons flour
Pepper and salt to taste

Scald milk in double boiler, blend the flour and butter and stir into the milk till it thickens then add the chicken.

Rarebit

½ cup cream
2 cups or ½ pound cheese
2 tablespoons butter
1 egg
½ teaspoon salt
Sprinkle cayenne

Put milk and grated cheese in upper part of double boiler, or blazer of chafing dish. When cheese is melted, add butter. Pour this mixture over egg slightly beaten, then return to double boiler. Add seasoning. Stir constantly, and cook until smooth and thick. Serve at once, over slices of toast, or hot crisp crackers.

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Chicken a la King

2 tablespoons butter
¼ pound fresh mushrooms
1 teaspoon salt
2 tablespoons flour
2 cups milk
2 cups cooked chicken cut in pieces
1 pimento
¼ teaspoon pepper

Melt the butter, add the mushrooms, cover and cook about five minutes, dredge with flour, add seasonings and liquid, chicken and pimento. Allow to cook a few minutes until sauce thickens, serve on toast or in patty shells.

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Golden Sauce

3 tablespoons butter
3 tablespoons flour
1½ cups milk
¼ teaspoon salt
¼ teaspoon pepper
2 egg yolks
1 teaspoon lemon juice or vinegar

Make sauce of first three ingredients, salt and pepper. Beat egg yolks slightly and just before serving, add sauce and heat. Add lemon juice and serve at once.

Creamed Spinach with Cheese

1 quart spinach
2 tablespoons chopped parsley
4 tablespoons butter
½ teaspoon paprika
4 eggs
2 cups milk
1 cup Swiss cheese
1 teaspoon salt

Wash and chop the spinach. Add the parsley and cook in the butter for ten minutes. Add well beaten eggs to the milk, and pour over the spinach. Add cheese and seasoning; turn into greased baking dish and bake in a moderate oven (350–400 degrees F.) one-half hour.

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Cream of Veal

Three pounds boneless veal, cooked thoroughly and cut up into dice; one can of mushrooms, diced.

Make a white sauce of

5 tablespoons butter
4 rounding tablespoons flour
1 pint cream
1 quart milk

Season and add the juice of the mushrooms. Add all to the veal and mushrooms, put in buttered baking dish. Cover with crumbs and bake until light brown.

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Creamed Chipped Beef

½ pound dried beef
1 pint hot milk
2 tablespoons butter
2 tablespoons flour
Cayenne pepper

Soak shredded chipped beef in cold water while preparing the cream sauce. Melt butter, add flour, blend well, add milk slowly and a dash of cayenne. Cook until thick and smooth. Press the water from the soaked beef and add beef to cream sauce. Serve on toast.

Escalloped Potatoes With Ham

Pare as many potatoes as will be needed. Slice about half of them in the bottom of a buttered baking dish. Dot with butter and season with a little pepper. Place a layer of smoked ham on top of the potatoes. The ham may have to be cut in irregular pieces to fit the dish. Slice the rest of the potatoes on top of the ham and dot with butter. Pour milk into the dish almost to the top of the ingredients. Cover and bake in a moderate oven until potatoes are tender (about forty minutes). Remove lid when milk begins to boil.

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Corn Patties

1 pint sweet corn
½ cup cream
1 well beaten egg
Cracker or bread crumbs
½ teaspoon salt

Mix the corn with the cream and beaten egg, add the salt, and enough crumbs to make the mixture of such consistency that it can be formed into cakes. Bake until brown.

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Potato Scones

2 cups mashed potatoes
2 cups flour
2 tablespoons butter
1 cup cream or milk
1 teaspoon salt
2 teaspoons baking powder

Sift the salt and baking powder into the flour, then rub the butter into the mixture, add the potatoes and salt and mix with the cream (or milk) into a soft dough. Roll out about one half inch thick, cut into biscuits and bake fifteen minutes in quick oven.

Cream Peas in Shells

One can French peas drained and mashed, place in pan and heat

Make this sauce

1 tablespoon butter
1 tablespoon flour
Salt and pepper to taste
1½ cups milk and cream (half and half)

Cook till thick, pour over peas and serve in shells of rich pastry.

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Macaroni and Cheese

1 cup macaroni
2 cups milk
½ teaspoon salt
½ cup grated cheese
2 tablespoons flour

Cook macaroni in boiling salted water twenty minutes. Drain, rinse with cold water. Mix flour and salt with grated cheese. Put a layer of macaroni in a buttered baking dish. Cover with cheese mixture, repeat layers, having cheese on top. Pour over enough milk to cover top layer. Bake forty five minutes in moderate oven.

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Macaroon Pudding

Dissolve one-half package gelatin in one pint of milk. Cook in double boiler until milk is warm, then add yolks of four eggs well beaten with cup of sugar. Cook until creamy. Beat the whites of the eggs and add to the custard when taken from the stove. Flavor with vanilla, pour [illegible] which has been wet with cold water and lined with macaroons. Serve with whipped cream.

Good Bread Pudding

1 pint of fine bread crumbs
1 quart sweet milk
½ cup brown sugar
Yolks of 4 eggs
Butter size of an egg
Grated rind of 1 lemon

Bake until thick. Beat up the whites of the eggs, juice of the lemon, and a teacup of sugar. Spread over top and brown in the oven.

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Baked Raisin Rice Pudding

4 cups milk
½ cup granulated sugar
4 tablespoons uncooked white rice
¼ teaspoon salt
½ teaspoon nutmeg
2 tablespoons butter
1 cup seedless raisins
½ cup heavy cream whipped

Combine all ingredients but raisins and cream, pour into greased one and one-half quart casserole. Bake uncovered in slow oven of 325 degrees F. for one hour. Then add raisins and stir. Bake one and one-half hours longer. Serve hot or cold with whipped cream.

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Butterscotch Pudding

3 tablespoons cornstarch
3 cups milk
2 tablespoons butter
1½ cups brown sugar
¼ teaspoon salt
1 teaspoon vanilla extract
½ cup heavy cream whipped

Mix cornstarch with one-half cup of the milk and scald remaining mixture in double boiler. Melt butter, add sugar and salt and cook until sugar melts, stirring constantly. Add slowly to hot mixture, stirring until well blended. Add cornstarch mixture, stir until thickened. Cover and cook twenty-five minutes. Cool and add vanilla. Top with whipped cream.

Cereal Pudding

3 cups well cooked cereal
2 cups whole milk
2 eggs
½ cup sugar
Season with nutmeg or other seasoning

Mix cereal, milk, eggs, sugar and seasoning. Bake thirty minutes and serve with whipped cream.

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Hasty Tapioca Cream

2 tablespoons hasty Tapioca
2 cups scalded milk
½ cup sugar
2 eggs
½ teaspoon salt
1 teaspoon vanilla

Cook tapioca and milk in double boiler until transparent. Mix eggs, sugar and salt together and beat into cooked tapioca. Continue cooking until thick. Add flavoring and serve hot or cold.

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Cottage Cheese Delight

1 pound cranberries (cooked and sweetened)
or
1 can shredded pineapple
1 pound cottage cheese
½ cup sweet cream

Stir the cheese and cream together until of smooth consistency, add the fruit and serve.

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Heavenly Hash

1 pint whipped cream
25 marshmallows
1 cup chopped nuts
Candied cherries

Mix the marshmallows cut in small pieces with the whipped cream, add the nuts. Let stand on ice for several hours. Decorate sherbet glasses of mixture with candied cherries.

Indian Pudding

1 quart milk
½ cup yellow cornmeal
½ cup dark molasses
½ cup granulated sugar
1 teaspoon salt
1 tablespoon butter
1 teaspoon cinnamon
1 teaspoon nutmeg
½ cup heavy cream, whipped

Scald milk in double boiler. Add cornmeal slowly while stirring, and cook twenty minutes. Add remaining ingredients, turn into greased one and one half quart casserole, and bake uncovered in slow oven of 275 degrees F. for three hours. Serve hot or cold with whipped cream.

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Puffed Rice "Praline" Cookies

½ cup butter
1 cup brown sugar
½ cup white sugar
1 egg
½ cup milk
1¼ cup flour
¼ teaspoon soda
Few drops maple flavoring
½ teaspoon vanilla
2 cups puffed rice crisped in 2 tablespoons butter

Cream butter and sugar, add egg and flour sifted with soda, then milk and flavorings. At the last minute fold in two cups puffed rice. Drop from teaspoon on buttered baking sheet and bake in moderate oven for twenty minutes.

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Sweet Cream Dressing

1 cup whipping cream
Lemon juice
Salt

Whip cream well and add lemon juice and salt as desired for good flavor. Serve on any salad.

"KERNAN SPECIAL" or Whipped Cream Cake

4 egg whites
1 cup whipping cream
½ cup cold water
1 teaspoon flavoring
¼ teaspoon salt
2 cups flour
1½ cups sugar
4 teaspoons baking powder

Beat egg whites until stiff. Whip the cream until stiff and gently fold into the egg whites. Gradually fold in the cold water, to which the flavoring has been added. Sift the flour once before measuring. Mix and sift the flour, sugar, baking powder and salt together, and fold into the mixture. Pour into greased and floured layer pans and bake. Spread with your favorite icing.

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Chocolate Pie

2 tablespoons cocoa
1 tablespoon butter
1 pint milk
1 cup sugar
2 rounded tablespoons flour
1 teaspoon flavoring

Combine and cook in double boiler until thick. Fill baked pie crust. Whip one cup of cream with two tablespoons sugar and one-half teaspoon flavoring and put on top of filling.

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Cream Pie

1 pint milk
1 tablespoon butter
¾ cup sugar
3 rounded tablespoons flour
2 egg yolks
1 teaspoon flavoring

Combine and cook in double boiler until thick. Fill baked pie crust. Beat egg whites with two tablespoons sugar and put on top of filling. Bake in oven until light brown.

French Chocolate Cream

1 pint heavy cream
2 ounces bitter chocolate
1 teaspoon butter
½ cup water
1 cup powdered sugar
1½ teaspoons gelatin
1 teaspoon vanilla

Combine chocolate, water, butter and melt over hot water. Add gelatin, which should be allowed to stand in water to cover, and stir in powdered sugar. Cool, stirring occasionally so that it will not set. Fold slowly into the cream which should be beaten stiff. Pour into a mold wet with cold water and chill.

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Orange Cream Pie

6 egg yolks
1 cup sugar
3 tablespoons flour
2 tablespoons lemon juice
1 large orange
1 pint whipping cream

Beat egg yolks until thick. Add sugar, flour, juice of fruit. Cook in double boiler until thick. Cool, add grated rind of orange, fold in whipped cream. Put in individual baked pie shells. Will serve fourteen to sixteen.

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Custard Pie

3 eggs
½ cup sugar
1 teaspoon salt
2 cups milk
1 teaspoon vanilla extract

Beat eggs, add sugar, salt and scalded milk slowly. Line pie plate with plain pastry, pour in custard. Bake in moderate oven at 350 degrees F. twenty-five to thirty minutes. The custard is baked when a knife put in center comes out dry.

Buttermilk Pie

1 pint buttermilk
Juice of 1 lemon
1 tablespoon butter
1 cup sugar
3 rounded tablespoons flour
2 egg yolks

Combine and cook in double boiler till thick. Fill baked pie crust. Beat egg whites with two tablespoons sugar and put on top of filling. Bake in oven until light brown.

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Coconut Caramel Pie

½ cup sugar
5 tablespoons flour
¼ teaspoon salt
2 cups milk
3 egg yolks, slightly beaten
½ cup sugar caramelized
1 tablespoon butter
½ teaspoon vanilla
½ cup cream, whipped and sweetened
½ cup Baker's coconut
1 nine-inch pie shell

Combine sugar, flour and salt in top of double boiler, add milk and egg yolks, mixing thoroughly. Place over rapidly boiling water. Cook ten minutes. Remove from fire but allow to remain over hot water. Caramelize sugar by placing one-third cup sugar in iron skillet and melt. Add at once to thickened mixture, stirring until blended. Add butter and vanilla. Cool. Turn in pie shell previously baked and garnish with cream and coconut.

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Penoche

2 cups brown sugar
1 cup white sugar
1 cup coffee cream
¼ teaspoon cream of tartar

Boil, stirring occasionally until it forms a soft ball. Remove, let cool, add one teaspoon vanilla, one tablespoon butter, beat until creamy, add pecans, pour in buttered pan.

Dandy Chocolate Caramels

3 squares chocolate
1 cup sugar
½ cup light corn syrup
1½ cups cream
¼ teaspoon salt

Combine chocolate, sugar, corn syrup, salt and one-half cup cream. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of mixture forms a soft ball in cold water, stirring constantly. Add one-half cup cream and again cook as before. Add remaining one-half cup cream and cook until small amount of mixture forms a firm ball in cold water, stirring constantly. Remove from fire, pour into slightly buttered pan (about 8x4 inches). Do not scrape boiler which mixture has been cooked in. Let stand until cold. Mark with knife in three-fourths inch squares, turn out on cold slab, turn right side up, and cut full length with long, sharp knife. Let stand two to three hours to dry. Wrap each caramel in waxed paper. Makes forty caramels.

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Sorority Fudge

2 cups sugar
2 squares chocolate (or 3 tablespoons cocoa)
2 tablespoons corn syrup
¾ cup light cream
1 tablespoon butter
1 teaspoon vanilla

Mix cream, sugar, chocolate, syrup and boil slowly, stirring only enough to keep from burning. Boil until forms a ball in cold water. Remove from fire, add butter but do not stir it in. When lukewarm add vanilla and beat until it creams and the shiny appearance disappears and the fudge holds its shape. Spread in a buttered pan and when it hardens mark into squares. (Nuts can be added when desired.)

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